

Self-care Checklist



Tasks



Exercise



Nourishment



Hydration



Dancing



Challenge



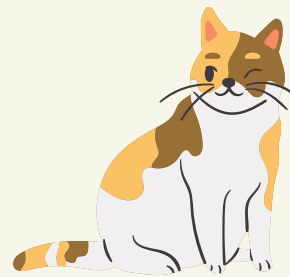
Nature



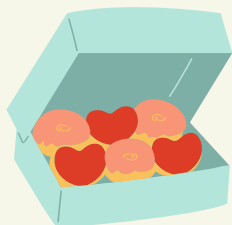
Music



Plant care



Pet Cuddles



Treats



Switched off



Me time



Art & Craft



Reading



Long soak



Pamper Time



Time with friends



Play



Love & Cuddles



Quiet



Tree hugs



Rain dancing



Sleep



How well have you taken care of
you this month?